



Food ID: E011

Food name and Description: Banana, lacatan

Scientific name: *Musa x paradisiaca*

Alternate/Common name(s): Saging, lakatan

Edible portion: 69%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	68
Energy, calculated (kcal)	126
Protein (g)	1.4
Total Fat (g)	0.2
Carbohydrate, total (g)	29.6
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.3
Sugars, total (g)	15.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	21
Phosphorus, P (mg)	34
Iron, Fe (mg)	0.8
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	360
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	25

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0